

WOMEN OF MIDDLE LIFE

A Dangerous Period Through Which Every Woman Must Pass

Practical Suggestions Given by the Women Whose Letters Follow



Afton, Tenn.—"I want other suffering women to know what Lydia E. Pinkham's Vegetable Compound has done for me. During the Change of Life I was in bed for eight months and had two good doctors treating me but they did me no good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, which I did, and in a short time I felt better. I had all kinds of bad spells, but they all left me. Now when I feel weak and nervous I take the Vegetable Compound and it always does me good. I wish all women would try it during the Change of Life for I know it will do them good. If you think it will induce some one to try the Vegetable Compound you may publish this letter."—Mrs. A. KELLER, Afton, Tenn.

Mrs. Mary Lister of Adrian, Mich., adds her testimony to the value of Lydia E. Pinkham's Vegetable Compound.

to carry women safely through the Change of Life. She says: "It is with pleasure that I write to you thanking you for what your wonderful medicine has done for me. I was passing through the Change of Life and had a displacement and weakness so that I could not stand on my feet and had annoying symptoms. A friend told me about Lydia E. Pinkham's Vegetable Compound and the first bottle helped me, so I got more. It cured me and I am now doing my housework. Your medicine is certainly a woman's friend and you may use this testimonial as you choose."—Mrs. MARY LISTER, 608 Frank Street, Adrian, Mich.

It is said that middle age is the most trying period in a woman's life, and owing to modern methods of living not one woman in a thousand passes through this perfectly natural change without experiencing very annoying symptoms. Those smothering spells, the dreadful hot flashes that send the blood rushing to the head until it seems as though it would burst, and the faint feeling that follows, as if the heart were going to stop, those sinking or dizzy spells are all symptoms of a nervous condition, and indicate the need for a special medicine.

Lydia E. Pinkham's Vegetable Compound is a root and herb medicine especially adapted to act upon the feminine system. It acts in such a manner as to build up the weakened nervous system and enables a woman to pass this trying period with the least possible annoying symptoms.

Women everywhere should remember that most of the common ailments of women are not the surgical ones—they are not caused by serious displacements or growths, although the symptoms may be the same, and that is why so many apparently serious ailments readily yield to Lydia E. Pinkham's Vegetable Compound, as it acts as a natural restorative and often prevents serious troubles.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

SOCIAL AND PERSONAL

Comings and Goings of Our People Here, There and Elsewhere.

—Mrs. James Lall has returned from a visit to friends in Ashland.

—Mrs. Cassius M. Clay has gone to New York to visit her son, C. M. Clay.

—Mrs. Wm. B. Woodford has returned from a sojourn at Martinsville, Ind.

—Frank Collier, of Collier Bros., has returned from a business trip to Atlanta, Georgia.

—Mr. and Mrs. Harry B. Fithian has as guest several days this week James Dick, of Lexington.

—Mrs. Edward Burke, Mrs. John Dean, and Miss Mary Elizabeth Dean are visiting in Cincinnati.

—Mrs. Wm. H. Fisher has returned from a visit to her son, Maj. Neville Fisher, in St. Louis, Mo.

—Mr. and Mrs. Fred Hill were recent guests of the former's father, Henry Hill, in Woodford county.

—Mrs. William G. Swearingen, of Carthage, Ohio, is a guest of her son, Earl Swearingen, in this city.

—Mrs. Lee Price and son, Morris Price, have returned from a visit to A. B. Ashurst and family, in Georgetown.

—Mrs. Chas. N. Fithian is visiting her brother, John B. McClintock and family, in Huntington, West Virginia.

—Brutus J. Clay and family have moved from Atlanta, Ga., to the old home place of his father, Col. E. F. Clay, on the Cynthiana pike.

—Mrs. Florence Lockhart Clay has returned from a winter's sojourn in Eustis, Fla., and is a guest of her daughter, Mrs. Catesby Spears.

—Mrs. Sidney S. Ardery, Jr., and little daughter, Mary Carolyn, are visiting Mrs. Ardery's parents, Mr. and Mrs. Baird, in South Charleston, Ohio.

—Mrs. Annabelle Wallace and Mrs. Walter Henderson Shropshire have returned from a visit to friends and relatives in Georgetown and Scott county.

—Squire George K. Redmon, of Paris, and daughter, Mrs. Redmon Talbot, of North Middletown, have returned from a protracted sojourn in Florida.

—The following invitations have been issued: "Mrs. Louis W. Taylor to meet Mrs. William M. Taylor, Friday, April fifteenth, from three to four, R. S. V. P."

—Elizabeth Sullivan, daughter of Mr. and Mrs. Dan Sullivan, is a patient at the Massie Memorial Hospital, where she recently underwent an operation for appendicitis.

—Mr. and Mrs. Durand Whipple, of Little Rock, Ark., are at the bedside of Mrs. Emmett M. Dickson, who is critically ill at her home on Stoner avenue. She was reported yesterday as being greatly improved.

—Miss Elizabeth Roff, of the Paris High School faculty, attended the funeral and burial of her uncle, S. H. Roff, in Mayslick, Tuesday. Mr. Roff died in a hospital at Norwood, Ohio, following an operation.

—Judge H. Clay Howard, of Paris, former Minister to Peru, under President Taft, who has been mentioned for reappointment by President Harding, is in Washington and New York, looking after his interests.

—Among those who attended the opening baseball game at Cincinnati Wednesday were Robert S. Porter, M. J. Murphy and A. J. Fee. The latter's white vest was the envy of every well-dressed man in Cincinnati.

—Mrs. Eugene Hutsell, of Paris, patient at the Massie Memorial Hospital, continues to improve slowly.

—Mrs. Charles Sauer, who is a patient at the same institution, where she underwent an operation some days ago, is improving.

(Other Personals on Page 5)

REDUCED RATES FOR MEETING OF KENTUCKY EDUCATIONAL ASSOCIATION

The railroads have granted a fare of 1 1/2 for round trip to Louisville for the annual session of the Kentucky Educational Association, which convenes April 19-22, 1921. The special rate is offered only to members of the association and dependent parties of their families and will be allowed only on presentation at starting point of identification certificate issued by the Secretary of the Association.

All persons expecting to attend the meeting should write the Secretary, R. E. Williams, 4518 Southern Parkway, Louisville, for the certificate. County superintendents, city superintendents, principals and other interested school people should see that their teachers enroll and obtain the certificate before coming to Louisville, as the ticket agent will not be in position to allow the reduced fare without the certificate. Tickets will be sold at special reduction only on April 18 and 19.

ATTENTION, PLEASE!

The attention of our readers is called to the oft-repeated warning given through the columns of THE NEWS that we will not publish anonymous communications, as such communications sometimes lead to trouble.

We will not be the medium of permitting some individual to vent his spite on some other individual, firm, official or corporation in an anonymous communication.

We hope the warning will be taken seriously, as all anonymous communications will be consigned to the waste basket, where they justly belong. If you haven't the moral courage to sign your communication, don't expect us to help you out. This goes as it is written.

Vitamines were named ten years ago by Casimir Funk, a Polish chemist.

Shrimps in the North Sea, in waters not far from Ostend, are the choicest in the world.

A Strong Witness



Natchez, Miss.—"The best medicines I have ever used in my home are Dr. Pierce's. We have used the 'Golden Medical Discovery' as a blood medicine and as a tonic, also for deep-seated coughs and weak lungs, and it was excellent."

"I always keep Dr. Pierce's Pleasant Pellets in my home for use when needed. I have given them to my children since they were quite small. They can be given with safety to the smallest child, owing to their being free from any injurious drug. They regulate the stomach, liver and bowels in a mild, but very effective way. I cannot speak too highly of Dr. Pierce's medicines."

MRS. J. B. GILBERT, 212 St. Catharine Street. All druggists.

"HOLLANDERS VS. DUTCHMEN"

Citizens of Holland should refer to themselves, when abroad, as "Hollanders" rather than "Dutchmen," rules the Amsterdam Handelsblad after a long debate on that subject in its columns.

The correspondence in the Handelsblad has been voluminous. Especially since the war, says one writer, those Hollanders who forget that when Americans and Englishmen term Germans "Dutch" find scant welcome in the United States and England when they say they are "Dutch."

"If in England," writes this correspondent, "a Netherlander says he is a 'Hollander' doors are open to him that are closed to 'Dutchmen.'"

"Dutchman" is an opprobrious term in America, writes another."

ASPIRIN

Name "Bayer" on Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions.

Take no chances with substitutes. If you see the Bayer Cross on tablets you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain.

Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticester of Salicylicacid.

(adv)

A Popular Place To Eat

Special Dinners

Every Day and Especially on Sunday, Both Noon and at Six O'clock.

Special Rates By the Week for Regular Boarders

A nice home place—home cooking and home treatment.

THE ELLIS TEA ROOM

Opposite Court House.

People for whom the Best Is None Too Good

Are always the most enthusiastic concerning the excellence of our

Dry Cleaning and Dyeing

We have one of the most efficient Remodeling Departments in the country. Furs transformed in the mode very quickly. Men's and women's garments altered in any way desired.

We dye fur skins and remodel them in any way.

We tailor make men's or ladies' suits, \$50.00 up. Latest styles. We pay \$2.50 railroad fare on every custom-made suit ordered from us.

Send goods parcel post. We have no agents.

THE TEASDALE CO. 625-627 Walnut Street Cincinnati, Ohio

(April 15-17)

Save Yourself

from the disturbances which often follow tea and coffee drinking—by a change to

INSTANT POSTUM

This delicious cereal beverage of coffee-like flavor is prepared instantly in the cup to suit your taste—free from any harmful element—economical—satisfying

"There's a Reason" for Postum

SOLD BY GROCERS EVERYWHERE!

Made by Postum Cereal Company, Inc. Battle Creek, Michigan.



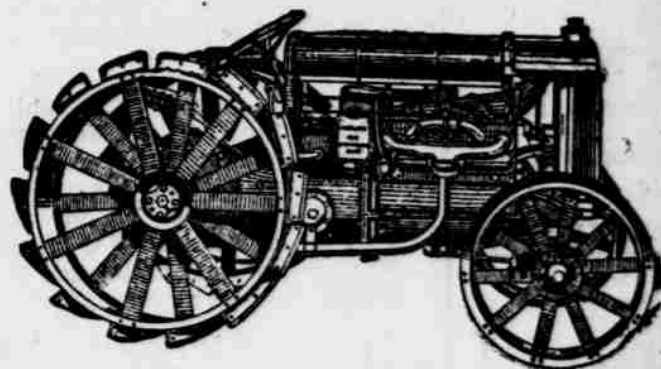
If Your Ground Is Hard

And you are getting behind with your work

Remember

we can get you through with a

Fordson



RUGGLES

SAVE TIME, MONEY 'AND' WORRY

By Installing a

Home Telephone

Courteous treatment and reasonable terms.

Paris Home Telephone & Telegraph Co.

Incorporated

Bourbon Laundry

DAVIS & FUNK, Proprietors

Telephone No. 4

West Fifth Street



SATISFACTION OUR WATCHWORD!

With all the latest improvements in laundry appliances and expert helpers we are prepared to do work inferior to none, and solicit your patronage.

The Bourbon Laundry

Paris, Kentucky

PAINT UP

GET OUR PRICES ON

Paints
Varnishes
Oils, Etc.

The Best Goods at the Best Prices.
See Us Before You Buy.

VARDEN & SON

Druggists Both Phones



Just History

- In 78 The Colonial Dame Spun her cloth By Candle flame.
- In 1880 In Crinoline bright, She erected her guests By Coal Oil light.
- And later on, How time does pass Her home was lit By flickering Gas.
- But the girl of to-day Who wants her home bright, Just presses a button And has Electric Light.

Paris Gas & Electric Co. (Incorporated)

APRIL BEST TIME TO SOW SPRING ALFALFA

Spring seeding of alfalfa is most likely to be successful if done in April, according to members of the soils and crops department of the State College of Agriculture. Weeds are not so troublesome then and the young plants have an opportunity to become established before their arrival. Early preparation of the seed bed is desirable in spring seeding of the crop.

The rate of seeding generally practiced in Kentucky is from fifteen to twenty pounds an acre. Under exceptionally favorable conditions a good stand may be obtained by sowing even less seed, but economizing in this respect hardly pays since a good thick stand is necessary in keeping down weeds.

Complete details concerning alfalfa are contained in Circular No. 70, which may be obtained free by writing the Experiment Station, at Lexington.

Real Meaning of Thrift.

The thrifty man is not necessarily a miser. Thrift means more than hoarding dollars. It embraces not only spending less than we receive, but the investment of our savings in enterprises which yield returns not only to ourselves, but to the public at large.

Dr. Waddell's Pile Remedy

Don't Suffer—Don't be Operated until you have tried Dr. Waddell's Pile Remedy. Absolutely harmless. Guaranteed to give absolute satisfaction or money refunded. \$1.50 per bottle at your druggist—if not write us.



S. P. MOHNEY

Chiropractor

FIFTH YEAR IN PARIS